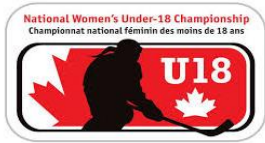


Name: **Program 1- Accumulation, Technique & ROM**



**Program Notes**

If you finish the exercise w/ perfect form you must go up for the work set next time regardless. If you do not finish the exercise w/ perfect form you stay at the same weight. If you are stuck at the same weight for 3 sessions in a row let me know. The goal of the program is to increase Lower body and Power movements by 2-5 kg a session and upper body movements 2-3 kg per session.

**YOU MUST RECORD WORKSET WEIGHTS AND NEXT TIME WEIGHTS. THIS WILL BE CHECKED**

Week 1 Session 1					Week 1 Session 2					Week 1 Session 3					Week 2 Session 1														
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time										
Jumps Snap Downs 3x6 (30 sec rest between sets)					Jumps Snap Downs 3x6 (30 sec rest between sets)					Jumps Snap Downs 4x6 (30 sec rest between sets)					Jumps Snap Downs 4x6 (30 sec rest between sets)														
1	Kettlebell or Dumbbell Swing	BES1T3	60s (choose mob)	/	1	Nordic Hamstring Drop	2x6 (5 sec lower)	30s	/	1	Kettlebell or Dumbbell Swing	BES1T1	60s (choose mob)	/	1	Nordic Hamstring Drop	3x6 (5 sec lower)	30s	/										
2a	Trapbar Jump (WS= 120% of your Bodyweight)	BS1T2	Wall Calf Mobility (60sec per side)	/	2	Kettlebell or Dumbbell Swing	BES1T2	60s (choose mob)	/	2a	Trapbar Jump (WS= 120% of your Bodyweight)	BS1T1	Wall Calf Mobility (60sec per side)	/	2	Kettlebell or Dumbbell Swing	BES1T1	60s (choose mob)	/										
2b	Tripod Row (No Rotation)	BS1T2	/	/	3a	DB Romanian Deadlift (RDL)	BS1T2	Wall Calf Mobility (60sec per side)	/	2b	Tripod Row (No Rotation)	BS1T1	/	/	3a	DB Romanian Deadlift (RDL)	BS1T1	Wall Calf Mobility (60sec per side)	/										
3a	Front Squat	BS1T2	Groin Rock Stretch 60sec	/	3b	DB Bench Press	BS1T2	/	/	3a	Front Squat	BS1T1	Groin Rock Stretch 60sec	/	3b	DB Bench Press	BS1T1	/	/										
3b	Standing DB Overhead Press (do not arch back)	3x11	/	/	4	Banded Chin-ups	2x11	Groin Rock (60s)	/	3b	Standing DB Overhead Press (do not arch back)	BS1T1	/	/	4a	Banded Chin-ups	3x11	/	/										
For Swing Try to find a challenging weight that you can execute the movement with quality and get the weight to chest height. Record weight in bottom right triangle.										4a					4b														
										Cossack Squat (see assisted if range is limited)					Couch Stretch (60 sec a side)					DB RLESS					Couch Stretch (60 sec a side)				
										1x11es					1x11					2x45sec					2x11es				
4b					4c					4b					4c														
Prone Flying Circles					Back Extension hold (add weight if easy)					Prone Flying Circles					Back Extension hold					Back Extension hold									
2x11					2x50sec					3x11					3x55sec					3x11es									

**Week 2 Session 2**

**Week 2 Session 3**

**Week 3 Session 1**

**Week 3 Session 2**

Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps Snap Downs 4x6 (30 sec rest between sets)					Jumps Snap Downs 4x6 (30 sec rest between sets)					Jumps Two Foot Box Lands (18 inch) 3x5 (30 sec rest between sets)					Jumps Two Foot Box Lands (21 inch) 3x5 (30 sec rest between sets)				
1	Kettlebell or Dumbbell Swing	BES1T1	60s (choose mob)	/	1	Nordic Hamstring Drop	3x6 (5 sec lower)	30s	/	1	DB Snatch (6 reps per side)	BES1T1	90s	/	1	Nordic Hamstring Drop	3x6 (7 sec lower)	30s	/
2a	Trapbar Jump (WS= 120% of your Bodyweight)	BS1	Wall Calf Mobility (60sec per side)	/	2	Kettlebell or Dumbbell Swing	BES1	60s (choose mob)	/	2a	Trapbar Jump (WS= 120% of your Bodyweight)	BS1	Wall Calf Mobility (60sec per side)	/	2	DB Snatch (3 reps per side)	BES1x	90s	/
2b	Tripod Row (No Rotation)	BS1	/	/	3a	DB Romanian Deadlift (RDL)	BS1	Wall Calf Mobility (60sec per side)	/	2b	Tripod Row (No Rotation)	BS1	/	/	3a	Barbell RDL (add 20% more weight than with DBs)	BS1	Wall Calf Mobility (60sec per side)	/
3a	Front Squat	BS1T1	Groin Rock Stretch 60sec	/	3b	DB Bench Press	BS1	/	/	3a	Front Squat	BS1	Groin Rock Stretch 60sec	/	3b	DB Bench Press	BS1	/	/
3b	Standing DB Overhead Press (do not arch back)	BS1T1	/	/	4a	Banded Chin-ups	3x12	/	/	3b	Standing DB Overhead Press (do not arch back)	BS1	/	/	4a	Banded Chin-ups	3x13	/	/
4a	Cossack Squat (see assisted if range is limited)	2x11es	Couch Stretch (60 sec a side)	/	4b	DB RLESS	3x11es	Couch Stretch (60 sec a side)	/	4a	Cossack Squat (see assisted if range is limited)	3x11es	Couch Stretch (60 sec a side)	/	4b	DB RLESS	3x12es	Couch Stretch (60 sec a side)	/
4b	Prone Flying Circles	2x11	/	/	4c	Back Extension hold (add weight if easy)	2x50sec	/	/	4b	Prone Flying Circles	3x11	/	/	4c	Back Extension hold	3x55sec	/	/

Week 3 Session 3					Week 4 Session 1					Week 4 Session 2					Week 4 Session 3				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps	Two Foot Box Lands (24 inch) 3x5 (30 sec rest between sets)				Jumps	Two Foot Box Lands (27 inch) 3x5 (30 sec rest between sets)				Jumps	Two Foot Box Lands (30 inch) 3x5 (30 sec rest between sets)				Jumps	Two Foot Box Lands (30 inch) 4x5 (30 sec rest between sets)			
1	DB Snatch	BES1x	90s		1	Nordic Hamstring Drop	3x6 (7 sec lower)	30s		1	DB Snatch	BES1x	90s		1	Nordic Hamstring Drop	3x4 (max time)	30s	
2a	Trapbar Jump (WS= 120% of your Bodyweight)	BS1	Wall Calf Mobility (60sec per side)		2	DB Snatch (3 reps per side)	BES1x	90s		2a	Trapbar Jump (WS= 120% of your Bodyweight)	BS1	Wall Calf Mobility (60sec per side)		2	DB Snatch (3 reps per side)	BES1x	90s	
2b	Tripod Row (No Rotation)	BS1			3a	Barbell RDL (add 20% more weight than with DBs)	BS1	Wall Calf Mobility (60sec per side)		2b	Tripod Row (No Rotation)	BS1			3a	Barbell RDL (add 20% more weight than with DBs)	BS1	Wall Calf Mobility (60sec per side)	
3a	Front Squat	BS1	Groin Rock Stretch 60sec		3b	DB Bench Press	BS1			3a	Front Squat	BS1	Groin Rock Stretch 60sec		3b	DB Bench Press	BS1		
3b	Standing DB Overhead Press (do not arch back)	BS1			4a	Banded Chin-ups	3x14			3b	Standing DB Overhead Press (do not arch back)	BS1			4a	Banded Chin-ups	3x14		
4a	Cossack Squat (see assisted if range is limited)	3x12es	Couch Stretch (60 sec a side)		4b	DB RLESS	3x13es	Couch Stretch (60 sec a side)		4a	Cossack Squat (see assisted if range is limited)	3x13es	Couch Stretch (60 sec a side)		4b	DB RLESS	3x14es	Couch Stretch (60 sec a side)	
4b	Prone Flying Circles	3x12			4c	Back Extension hold	3x60sec			4b	Prone Flying Circles	3x13			4c	Weighted Back Extension hold	3x60sec		
Week 5 Session 1					Week 5 Session 2					Week 5 Session 3					Week 6 Session 1				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps	Drop Jump (15 inch) 3x3 (30 sec rest in between) ***Idea is to get as high as you can with the quickest jump off the floor***				Jumps	Drop Jump (15 inch) 3x3 (30 sec rest in between)				Jumps	Drop Jump (15 inch) 3x4 (30 sec rest in between)				Jumps	Drop Jump (15 inch) 3x4 (30 sec rest in between)			
1	DB Snatch	BES1x	90s		1	Nordic Hamstring Drop	3x4 (max time)	30s		1	DB Snatch	BES1x	90s		1	Nordic Hamstring Drop	1x5 (max time)	30s	
2a	Trapbar Jump (WS= 130% of your Bodyweight)	BS1	Wall Calf Mobility (60sec per side)		2	DB Snatch (3 reps per side)	BES1x	90s		2a	Trapbar Jump (WS= 130% of your Bodyweight)	BS1	Wall Calf Mobility (60sec per side)		2	DB Snatch (3 reps per side)	BES1x	90s	
2b	Tripod Row (No Rotation)	BS1			3a	Barbell RDL	BS1	Wall Calf Mobility (60sec per side)		2b	Tripod Row (No Rotation)	BS1			3a	Barbell RDL	BS1	Wall Calf Mobility (60sec per side)	
3a	Front Squat	BS1	Groin Rock Stretch 60sec		3b	DB Bench Press	BS1			3a	Front Squat	BS1	Groin Rock Stretch 60sec		3b	DB Bench Press	BS1		
3b	Standing DB Overhead Press (do not arch back)	BS1			4a	Banded Chin-ups (use less band if you can)	3x14			3b	Standing DB Overhead Press (do not arch back)	BS1			4a	Banded Chin-ups (use less band if you can)	3x14		
4a	Cossack Squat (see assisted if range is limited)	3x14es	Couch Stretch (60 sec a side)		4b	DB RLESS	3x14es	Couch Stretch (60 sec a side)		4a	Cossack Squat (see assisted if range is limited)	3x14es	Couch Stretch (60 sec a side)		4b	DB RLESS	3x14es	Couch Stretch (60 sec a side)	
4b	Prone Flying Circles	3x14			4c	Weighted Back Extension hold	3x60sec			4b	Prone Flying Circles	3x14			4c	Weighted Back Extension hold	3x60sec		
Week 6 Session 2					Week 6 Session 3					Weight Tracker									
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	The goal of physical training is to produce a stimulus that is more than the body can initially handle to elicit a change over time (supercompensation). Place the working set (WS) weights from week 1 in the left column and the final weight in week 5 to see your progress.									
Jumps	Drop Jump (15 inch) 3x4 (30 sec rest in between)				Jumps	Drop Jump (15 inch) 4x4 (30 sec rest in between)				Exercise	Week 1 weight	Week 6 weight	Notes or Concerns to Submit						
1	DB Snatch	BES1xT1	90s		1	Nordic Hamstring Drop	2x4 (max time)	30s		KB Swing/DB Snatch									
2a	Trapbar Jump (WS= 130% of your Bodyweight)	BS1T1	Wall Calf Mobility (60sec per side)		2	DB Snatch (3 reps per side)	BES1x	90s		Tripod Row									
2b	Tripod Row (No Rotation)	BS1T1			3a	Barbell RDL	BS1	Wall Calf Mobility (60sec per side)		Front Squat									
3a	Front Squat	BS1T12	Groin Rock Stretch 60sec		3b	DB Bench Press	BS1			DB Overhead Press									
3b	Standing DB Overhead Press (do not arch back)	BS1T3			4a	Banded Chin-ups (use less band if you can)	3x14			Barbell RDL									
4a	Cossack Squat (see assisted if range is limited)	2x14es	Couch Stretch (60 sec a side)		4b	DB RLESS	3x14es	Couch Stretch (60 sec a side)		DB Bench Press									
4b	Prone Flying Circles	2x14			4c	Weighted Back Extension hold	3x60sec												

